GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Spriutime Project - Improving Storage

Each storage area is an individual problem. But ideas or devices which others have found helpful may be adapted to your situation and your needs.

1. **Install extra shelves between fixed ones so that unlike articles may be stacked separately.** Some of the ways for doing this are:

a. Attach cleats or brackets to end walls to support additional shelf.

b. Add a removable shelf supported by legs, sometimes called an inbetween, half shelf, or mezzanine shelf; such shelves are usually not more than ½ or ⅓ the width or depth of the fixed shelves, just wide enough to have articles one row deep.

c. Use step shelves for small items in kitchen cabinets.

2. **Install extra shelves in** clothes closets at top of closet or down one side - - make these removable, for easy cleaning and adjustable if possible; distance between shelves is usually not over 9".

3. **Build shelves in basement, garage, or storage room for** miscellaneous articles and supplies to keep them off the floor and in better order.

4. **Use vertical or slanted file sections** with removable partitions, on low or high shelves or in deep drawers, for many flat or unlike articles. These are useful for cooking utensils, trays, platters, and even for card tables and table leaves.

5. **Use inside of wooden doors:**

a. For clothing: install hooks, racks, shoe bags, other devices.

b. In kitchen cabinets: install small racks and hooks.

c. In cleaning closet: install racks, hooks, wall pockets.

6. **Install partitions or divider trays** in chest and cabinet drawers.

7. **Add light to deep closets** - add an electric light or keep a flash light just inside the door.

8. **Finish interiors** of all storage units with a smooth surface. Use light colors.

How To Get Improvements Made

1. Study your own situation; decide what you need where.

2. Collect illustrations or directions from bulletins, magazines, and catalogues

3. Get materials or devices required to make practical improvements.

4. "Do-it-yourself," or get family or outside help to make the changes that will help you most.

5. If you need additional storage spaces, then seek information to guide you and start soon on plans for future additions.

If you would like information on how to make these improvements, call or write the Appomattox Extension Office.

RECIPE OF THE WEEK

Raisin Honey Drop Cookies

⅓ cup honey
⅓ cup sugar
⅓ cup fat (margarine or butter)
1 egg (or ¼ cup dry egg mix, packed, and ¼ cup water)
2 cups flour
½ teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
2 cups uncooked quick rolled oats
1 cup raisins

Mix honey, sugar, and fat until crumbly. Add egg or egg mix and water and beat well. Mix flour, baking soda, salt, and cinnamon. Stir into egg mixture. Mix in the rolled oats and raisins. Drop dough from a teaspoon on greased baking pan. Bake on upper shelf in oven at 375°F (moderate oven) 12 to 14 minutes until lightly browned. Remove from pan and cool on rack. Makes about 4 dozen cookies.

IT PAYS TO ADVERTISE IN... THE TIMES-VIRGINIAN

Railroad Festival Council Held Meeting March 14th

Groundwork is being laid for the 5th Annual Historic Appomattox Railroad Festival. The Town of Appomattox and the Appomattox Junior Woman's Club are organizing the Festival. Other civic organizations have accepted the responsibility for various aspects of the Festival.

Representing these civic organizations at the March 14th Festival Council meeting were Mr. J. D. Simpson, Jr. of the Appomattox Jaycees; Mrs. Sam Ferguson of the Appomattox Woman's Club; Mr. Thomas Terry of the Appomattox County Bicentennial Commission; Mrs. John Williams and Mrs. Michael Torrence of the Appomattox Junior Woman's Club.

Also present were Festival Chairperson, Ms. Patsy Butler; Vice-chairperson, Ms.Evelyn Heising; and Treasurer, Mrs. Walter Hancock. Mrs. Jim Nolen will be serving as Festival Secretary. Mr. Bill Britton will represent the Town of Appomattox and Mrs. John Booker will represent the Appomattox Junior Woman's Club.

The Jaycees will be responsible for "Down at the Depot Music." The Appomattox Woman's Club will have members serving as hostesses at the general information and registration table. The Appomattox Junior Woman's Club will solicit and organize the arts and crafts displays, food concessions and compile the program. The Spout Spring Ruritans will coordinate clean up, set up props and decorations. The Oakville Ruritans will organize the parade. The Appomattox County Chamber of Commerce will sponsor Festival publicity. The Woodmen of the World Camp will coordinate recreational activities.

Areas lacking sponsorship are historical displays and special train displays.

Clubs in the Appomattox area will be receiving information concerning the Festival. The Council welcomes all responses. The next Council meeting will be Monday, April 25th.

The Annual Historic Appomattox Railroad Festival is held in October of each year.

You've got a pocketful of miracles. Give to Easter Seals.

AMERICAN LEGION POST 104 TO CELEBRATE LEGION BIRTHDAY

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he was regimental chaplain for the 32nd Regiment, 7th Infantry Division, and during 1967-68 he was the staff chaplain, Headquarters, U. S. Army, Vietnam and supervised nearly 400 army chaplains serving in Vietnam at that time.

In addition to the usual chaplain school career courses, Chaplain Goldie is a graduate of the U. S. Army Command and General Staff College, Fort Leavenworth, Kansas and the Army Management School, Fort Belvoir, Virginia. In 1969 Cedarville College in Ohio conferred upon the honorary Doctor of Divinity degree.

After a four-year tour as Director of Personnel and Ecclesiastical Relations in the office of the Chief of Chaplains, Chaplain Goldie retired on December 1, 1972 with over 29 years service. Two months later he came to the Woodland Baptist Church.

Mrs. Goldie, the former Ethel M. Karlik of East Paterson, New Jersey, is a missionary and Bible teacher also, and has taught in the public schools of New York, South Carolina and Virginia. The couple has two sons and two grandsons in Columbia, South Carolina.

AREA TOBACCO PRODUCERS HONORED AT BANQUET

cont'd from page 1

the event was Roy B. Davis, assistant director, Division of Markets, VDAC. James L. Jones, extension tobacco specialist, made announcements about the 1977 production contest.

The object of the contest is to create additional interest among producers in producing dark-fired tobacco. It is also hoped the contest will stimulate additional acres of dark-fired tobacco production. And, it is hoped the contest encourages use of improved production practices as recommended by the Cooperative Extension Service, said A. Travis Poole, district agricultural program leader for Virginia Tech.

GRAND MASTER OF MASONS TO MAKE OFFICIAL VISIT MARCH 25

cont'd from page 1

County Livestock Market.

Also active in civic life, Mr. Laningham is Past President of the Pennington Gap Lion's Club and possesses a 29-year perfect attendance record. In Lions of Virginia, he is Past Zone Chairman, Past District Deputy and Past District Governor. He is a member of the Pennington Gap Chamber of Commerce and a member of American Legion Post No. 185, Jonesville. He is a member and trustee of the First United Methodist Church in Pennington Gap. He served in the United States Army as a Major in the Field Artillery.

Mr. Laningham is the second member of his family to serve as Grand Master of Masons of Virginia, the first being his uncle, Earl Cranston Laningham, who served as Grand Master in 1945. His father, James Elliott Laningham, was a fifty year member of Miles Lodge No. 165.

Mr. Laningham serves as Grand Master of Masons in Virginia at an auspicious moment in that the Grand Lodge of Virginia is now in its 199th year of existance. When Mr. Laningham convenes the Grand Lodge of Virginia in February of next year, it will be the 200th anniversary session. Thus, he will lead Virginia Freemasons to the door of the Third Century of Freemasonry in Virginia. During 1977, he will guide the development of plans for the bicentennial session in Williamsburg where the first session was held 200 years ago. Plans are now being formulated by committees under the direction of the Third Century of Freemasonry with a rededication of purpose and an enhancement of its philosophy with modern techniques and ideas.

Want information about supplemental security income payments for people with little or no income and limited resources who are 65 or over or blind or disabled? Ask at any social security office listed in your telephone directory.

THE BIG EVENT

cont'd from page 1

the Crusade. On Feb. 22 a meeting was held at the Calvary Baptist Church in Concord, Virginia with local Christian businessman Steve Pool presiding.

Representatives from many area churches were on hand for the official presentation of the Crusade policies and the beginning of committee selection. After the great revival that Evangelist Sealer held at Liberty Baptist Church in Appomattox last October, many people began to dream of a great crusade in the football stadium. In a few months that dream will become a reality.

Dieting: Everybody's Doin' It

We all like to eat. In fact, eating is one of life's great pleasures.

As a result, Americans think of "diet" as a bad word. But Dr. Joseph Pond, president of the Piedmont Heart Association, wants to share this secret: "Everyone is on a diet whether he likes it or not."

The Lynchburg physician explains, "for better or worse, we all maintain dietary patterns that affect our lives...simply be eating the same kind of foods everyday. Studies show that Americans eat too many foods high in saturated fats and cholesterol and that such a diet may lead to heart disease."

In terms of heart-health, our diet can be either a help or a hindrance. Medical experts have identified excess fat and cholesterol in the diet as a major rish factor of heart attack and stroke.

Dr. Pond says that excess levels of cholesterol in the blood can contribute to atherosclerosis, a form of hardening of the arteries. In this disease, cholesterol and other fatty deposits gradually build up inside the walls of the arteries. Over the years, these substances continue to accumulate and the channels grow narrow, cutting down blood flow. In the coronary arteries supplying the heart muscle, this process sets the stage for a heart attack, where heart cells die from lack of enough oxygen.

Fortunately, Dr. Pond adds, it may be possible to reduce one of the risks of heart disease through dietary control. "As a matter of fact, you can be a gourmet and conscious of your heart-health at the same time. The new edition of THE AMERICAN HEART ASSOCIATION COOKBOOK is dedicated to the pleasures of eating well while eating right."

The new edition has over 500 low-fat, low-cholesterol recipes. The cookbook isn't a diet book, but is designed for persons who want to lose weight as well as those who wish to maintain their same weight. Each recipe lists an approximate caloric value per serving.

"Besdies helping your heart and your waistline, low-fat, low-cholesterol cooking also benefits your pocketbook,"Dr. Pond asserts. "Poultry and vegetable proteins are generally less expensive than meats."

Rich, heavy desserts and whole milk products are in the same category as fatty meats, in Dr. Pond's opinion. Fancy cakes and sundaes are also high priced and low in nutritional value.

He recommends substitutes for these foods, such as skim milk and its by-products, fresh fruit for desert and snacks, and fish, poultry and vegetable proteins in place of red meats.

Dr. Pond also cautions that no more than 3 egg yolks should be consumed in a week, since they are high in cholesterol.

The Appomattox Heart Association offers free nutrition information as one of its many programs supported by Heart Fund contributions. Dr. Pond urges Appomattox residents to give generously when a Heart volunteer calls during February -- American Heart Month.

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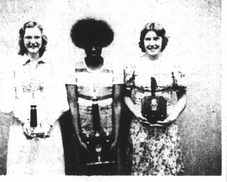
SPORTS

By: Billy Connel

Basketball trophys were presented to the Raiders pictured above by the A.C.H.S. Athletic Department. Tony Snell, left, holds the Most Improved Raider Award. During the past season Tony averaged 4 points per game, 5 rebounds per game and made 52% of his free throws. Mitch Eggleston, center, was Most Valuable Raider, averaging 15.5 points, 6 rebounds and making 75% of his free throws. Mitch was co-captian of the team and made the second team All-Seminole district. "Turk" Wingfield, right, captured the Raider Award for overall good play. "Turk" had a 10.3 average, 5 rebounds per game and made 70% of his free throws.



Raiderettes receiving trophys at the annual awards banquet are from left, Marlene Moore, Most Improved Player. Marlene made 37% of her field goal attempts, scored 138 points for a 6.9 average. Carolyn Jean Smith, center, Most Valuable Player, made 28% of her field goal attempts, 58% of her free throws, scored 184 points for a 9 point average. Marie Fraley, right, was awarded the Sportsmanship Trophy. It was said that when Marie fouled an opponent she raised her hand before the referee blew the whistle. Marie made 39% of her field goal attempts and 66% from the free throw line for 210 points and a 10.5 average. She also made second team All Seminole District.

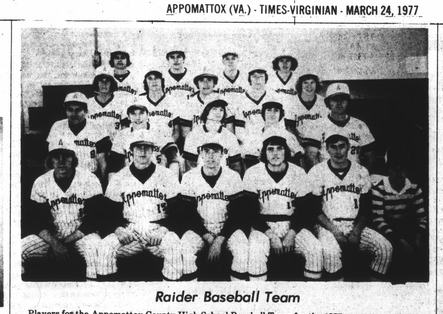
A.C.H.S. Holds Annual Basketball Banquet

"Winning is not all that important, but being a winner is." These words were spoken by Vern Canfield, Head Basketball Coach at Washington & Lee University, who was guest speaker for the annual Basketball Banquet at Appomattox County High School on March 15. In order to be a winner, said Canfield, a person must have desire, a willingness to work, a willingness to sacrifice, loyalty, personal pride and a belief in faith. Canfield was introduced to the crowd by A.C.H.S. Girls' Varsity Coach Mary Tolley.

Basketball certificates and awards for the boys were presented by Head Coach Ray Archer and Assistant Coty Dickerson. These men had much priase for their team and called them winners in every respect. Since many of these young men are seniors the Raiders will continue rebuilding next fall.

Coach Archer was followed to the podium by Coach Tolley who recognized each member of her Raiderette team & cited their accomplishments. She complimented them for their hustle and effort, many times against taller opponents.

Since no basketball game would be complete without cheerleaders, these girls were presented to the group by Julie Coffman. They, in turn, had gifts for many of the Raiders and Raiderettes. It was a most enjoyable evening for those who attended.



Raider Baseball Team

Players for the Appomattox County High School Baseball Team for the 1977 season are shown in photo above. Front row, from left to right, are Tom Hix, Mitch Eggleston, Ronald Harvey, Timmy Doss, Donald Harvey, and Bobby Wingfield, manager; second row, left to right, Coty Dickerson, Coach; Andy Wingfield, Frank Tanner, Mike Wooten, and Charles Wilkerson, Assistant Coach; third row from the left, Darrell Schrock, Terry Wood, Freddy Mitchell, Joe Fraley, and Jay Franklin; and on the back row, from the left, are Byron Roach, James Burks, Buddy McFadden, and R. L. Harris.

MENS BOWLING LEAGUE

Best Furn. Co.	56	13
Rookie	56	13
500 Club	38	28
Appo. Hellcats	23	47
A & D Rest.	17	46
Morris Garage	16	50

High Sets
Wallace Haley - 401
Billy Moore - 354
High Games
Wallace Haley - 149
Billy Moore - 147

MIXED DOUBLE LEAGUE

K. Doss-R. Trent	28	8
B. Moore-O. Childress	23	13
C. Fields - H. Fields	23	13
G. Carter-R. Carter	21	15
L. Woody-P. Clark	17	19
J. Woody-D. Johnson	12	24
F. Crowe - F. Crowe	10	23
D. Small-J. Small	8	25

LADIES BOWLING LEAGUE

Rollingstones	46	17
Flintstones	46	20
Mighty Mites	40	26
Lucky Strikes	38	37
Topcats	36	30
Pinups	33	36
Alleycats	25	38
Untouchables	4	39

High Sets
Mary Martin - 315
Judy Comer- 311
High Games
Doris Nash - 120
Mary Martin - 114

MIXED DOUBLES LEAGUE

Trent-Doss	25	8
R. Carter-G. Carter	21	12
B. Moore-V. Childress	21	12
H. Fields-C. Fields	20	13
L. Woody-P. Clark	17	16
D. Johnson-J. Woody	11	22
F. Crowe-F. Crowe	10	23
J. Small-D. Small	8	25

High Sets
Vernell Childress-354
W. Haley - 347
High Games
Kennth Doss - 128
W. Haley - 128
Faye Crowe - 127

MENS BOWLING LEAGUE

Best Furn.	54	12
Rookies	53	13
500 Club	35	28
Appo. Hellcats	22	44
A&D Rest.	17	43
Morris Garage	16	47

High Sets
J. B. Wood - 352
James Paulette - 348
High Games
James Paulette - 139
J. B. Wood - 132

LADIES BOWLING LEAGUE

Rollingstones	45	15
Flintstones	44	19
Mighty Mites	38	25
Top Cats	33	30
Lucky Strikes	36	36
Pinups	32	34
Alleycats	25	38

Untouchables	3	57

High Sets
Ann Ferguson - 306
Peggy Clark - 294
High Games
Ann Ferguson - 122
Vanessa Smith - 116

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1977 RAIDER TENNIS TEAM for Appomattox County High School players are shown in photo above. Players on the team are front row from the left, Randy Hipps, David Harvey and Baxter Parris; second row from the left, Tim Marshall, manager; Dickie Beale, Steve Cobb, and Coach Plicky Williams; and on the back row, left to right, Tom Wingfield, Jerry Womack, Joe Ford, and Mike Jarrell. Not available for the photo was Glen Duff.

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